The ideal district population, 39,202, is based on the 2020 Census. HD 56 has 38,644 people, which is -1.42% from the ideal.

51.78% of the people in the district are new constituents.

12.47% of the district is American Indian and Alaskan Native, alone or in combination with one or more other races.

0.81% of the district is Asian, alone or in combination with one or more other races.

6.6% of the district is Black or African American, alone or in combination with one or more other races.

0.19% of the district is Native Hawaiian or other Pacific Islander, alone or in combination with one or more other races.

68.22% of the district is non-Hispanic white.

5.28% of the district is some other race or ethnicity.

12.92% of the district is of Hispanic or Latino origin.

Counties: Caddo, Canadian, Grady

Cities: Amber, Bridgeport, Cedar Lake, Chickasha, El Reno, Geary, Hinton, Lookeba, Minco, Pocasset, Tuttle, Union City, Verden

School Districts: Amber-Pocasset, Banner, Calumet, Chickasha, El Reno, Friend, Hinton, Lookeba-Sickles, Maple, Minco, Newcastle, Pioneer, Riverside, Tuttle, Union City, Verden

Senate Districts: 23, 26

Congressional Districts: 3, 4

Area: 709 square miles
1 inch equals 5.08 miles